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LAS VEGAS

Hot Springs

NEW MEXICO

By W. H. Carruth

✻ Ninetieth Thousand ✻

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SAYS CHARLES F. LUMMIS—

"Description of the atmospheric effects of the Southwest is the most hopeless wall against which language ever butted its ineffectual head. The light that never was on sea or land spends itself on the adobe and the chaparo.

"Under that ineffable alchemy of the sky, mud turns ethereal, and the desert is a revelation. It is Egypt, with every rock a Sphinx, every peak a pyramid."

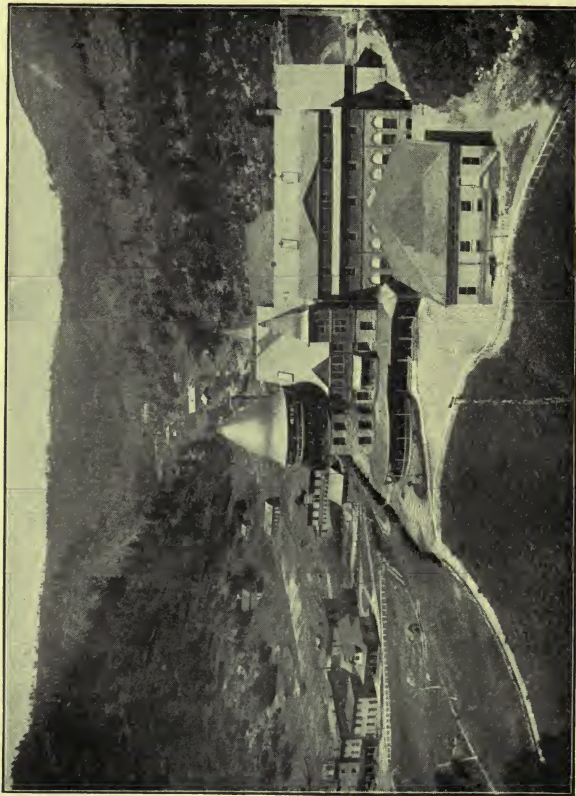
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I.

The Climate of New Mexico.

The Montezuma



GENERAL VIEW OF MONTEZUMA AND SURROUNDINGS FROM THE EAST.

Las Vegas Hot Springs

The Montezuma

The Climate of New Mexico.

I N the afternoon* they came into a land
In which it seemed always afternoon.
All round the coast the languid air did swoon,
Breathing like one that hath a weary dream.

* * * * *

The charmed sunset lingered low adown
In the red West; through mountain clefts the dale
Was seen far inland and the yellow downs."

That is all very beautiful and satisfactory, if you reserve the right to specify what sort of an afternoon it is to be. A weary and nerve-strained generation often sighs for the land of the Lotus-eaters, but suppose the afternoon in point were a July afternoon in Chicago or St. Louis, or Indianapolis, who then could picture himself as settling down into the dreamful ease of Paradise and singing "We will no longer roam?" No, there are afternoons and afternoons. Now, if the poet had specified a land in which it seemed always morning, it would have been a safer climatic factor to accept without qualification.

But if you are going into the mountains of New Mexico you need not be so cautious regarding the specifications; perpetual morning, perpetual fore-

*For details as to hours see through train schedules in the official time tables of the Santa Fe.

Las Vegas Hot Springs

The Montezuma

noon, perpetual afternoon of the Lotus-land variety, all are there.

New Mexico itself is a great empire three hundred and thirty-five by three hundred and sixty-seven miles, and has quite a variety of climates, though all possess the common features of dryness, combined with considerable elevation. Out on the plains and in the lower valleys it is dry and hot; up in the mountains it is dry and cool. For climate is a complex of several elements: temperature, humidity, elevation or rarity of the atmosphere, amount of sunshine; and differently combined, these give vastly different results. Every one knows that elevation means lower temperature—about one degree for each eight hundred feet, or six degrees in a mile of elevation—and every one knows how heat and cold affect him in the location to which he is accustomed. Every one knows, too, that elevation means increased rarity of the atmosphere—that is, less oxygen in a given inspiration of the lungs. But only those who have climbed mountains know the physical effects of this greater rarity of atmosphere, and few of these understand the real hygienic results.

Still fewer know, by experience or otherwise, the influence of greater or less humidity combined with these other factors, either in the immediate results upon the sensations or upon the functions and the general health. A brief explanation in this line is requisite to an understanding of the benefits of the climate of New Mexico.

Las Vegas Hot Springs

The Montezuma



THE
FOUNTAIN
AND
SUMMER-
HOUSE.



THE
HOSPITAL
COTTAGES.

Las Vegas Hot Springs

The Montezuma

A. T. & S. F.
RAILWAY
STATION
LAS VEGAS.



HOTEL
CASTANEDA,
LAS VEGAS.



Las Vegas Hot Springs

The Montezuma

Many people, and among them even medical practitioners, cherish the dangerous delusion that a change is all that is necessary to recuperation and restoration of health. It makes all the difference in the world from what and to what the change is taken. In climate, as in food, one man's medicine is another man's poison. For this reason, those contemplating a change should understand their own needs and the probable influence of the new climate.

Extremes of temperature alone signify little. Providing the fluctuations are not frequent and sudden, a man, even in delicate health, will not suffer from a temperature with a minimum chronically below zero. And again, a given temperature in a humid and overcast region, like that of North Germany in winter, is vastly more penetrating than the same absolute temperature in a comparatively dry and sunny country like the plains of Western America. With the mercury at 32° (which, in fact, it rarely reaches here during the daytime, though at night it goes below that in winter), one does not feel the cold so much on the veranda of the Montezuma Hotel, in New Mexico, as at 50° on the coast of Maine or of Denmark. On the other hand, the absence of moisture in the air makes the same degree of heat much more tolerable than in a more humid atmosphere, so that men labor in the fields without inconvenience in lower New Mexico and Arizona at a temperature of 110°, while they are prostrated on the streets of Chicago

Las Vegas Hot Springs

The Montezuma

or New York when the mercury reaches 86° . Sun-stroke is unknown in New Mexico.

In a word, there is a vast difference, in the dry atmosphere of so-called "arid America," between the sensible temperature and that indicated by the thermometer upon which we are accustomed to base our ideas of degrees of heat and cold.

The ordinary thermometer gives the temperature of the air only, and takes no notice of the other factors present.

The human organism, when perspiring freely, evaporates the moisture from its surface, and thus lowers its temperature. The meteorological instrument that registers the temperature of evaporation, and thus in a great measure the heat really felt by the human body, is the wet-bulb thermometer. When the air is moist to saturation (that is, holding all the moisture it can without precipitation) the readings of the ordinary and wet-bulb thermometer are the same, and the sensible temperature and that of the air are equal. In the East, where the air is always charged with more or less moisture, the difference is not great; but in the West and Southwest, on account of the extreme dryness in the summer time, the sensible temperature is often 20° to 30° lower than the air temperature, and sometimes even more.

This important circumstance explains the fact that the greater daily range of temperature in New Mexico, as compared with a lower and more humid region, is

Las Vegas Hot Springs

The Montezuma



THE MONTEZUMA RANCH.

Las Vegas Hot Springs

The Montezuma



THE MONTEZUMA VERANDA.

Las Vegas Hot Springs

The Montezuma

nevertheless in no sense a menace to sensitive lungs and delicate constitutions. In the same connection, it is to be considered that the lower temperatures occur at night, whereas most men, and especially invalids, spend their waking time in the day and in the sunshine. If all the readings of the thermometer were taken in the sunshine, the daily range, even in the arid regions, would be very moderate indeed.

The annual precipitation at Las Vegas Hot Springs is only 12 inches, and from September to June it is only a small fraction of an inch monthly.

The record of five years' observations at the Hot Springs give the following mean temperatures: January, 41.0; February, 49.0; March, 56.0; April, 58.0; May, 61.4; June, 71.4; July, 74.0; August, 71.9; September, 65.0; October, 55.4; November, 53.7; December, 52.0, or a mean annual temperature of 59.07.

The average temperature in winter at the Hot Springs is fully 20 degrees higher than at Denver, while in summer it averages from 10° to 15° lower. The daily range for the months from June, 1899, to June, 1900, was as follows: June, 32; July, 26; August, 31; September, 30; October, 25; November, 24; December, 27; January (1900), 27; February, 27; March, 30; April, 26; May, 26; June, 30.

Despite the considerable extent of this range, guests of the Montezuma sit on the open veranda throughout the winter without inconvenience. The higher temperature and smaller range in the sun, as compared

Las Vegas Hot Springs

The Montezuma

with the shade, explain the seeming anomaly that guests may be skating in midwinter on the ponds of the Gallinas under the perpetual shadow of the high south walls of the cañon at the same time that ladies sit on the open veranda sewing with bare hands.

And while a high humidity makes men more sensitive to variations of heat and cold, it is, in its turn, the most important factor in the influence of temperature upon health.

This important feature of humidity is affected by altitude, which reduces the absolute capacity of the air to carry moisture, but still more by conditions which deprive the atmosphere of its moisture by precipitation. Thus the absolute vapor content of the air on the Pacific side of the Sierras is greater at sea level than at an elevation of one mile, but the humidity at a given elevation in New Mexico is vastly less than at the same elevation on the western slope of the Sierras, because the mountains have caused the precipitation of much of the moisture contained in the air currents from the Pacific, and the breezes that reach New Mexico, have been, as it were, passed through a wringer, and over a drier—the plateau of Arizona.

A few plain words regarding the hygienic influence of climate. Three of the chief organs of the body, the lungs, the skin and the kidneys, are engaged in essentially the same important work—the elimination of waste tissues. Pure, aseptic air, is a direct

Las Vegas Hot Springs

The Montezuma



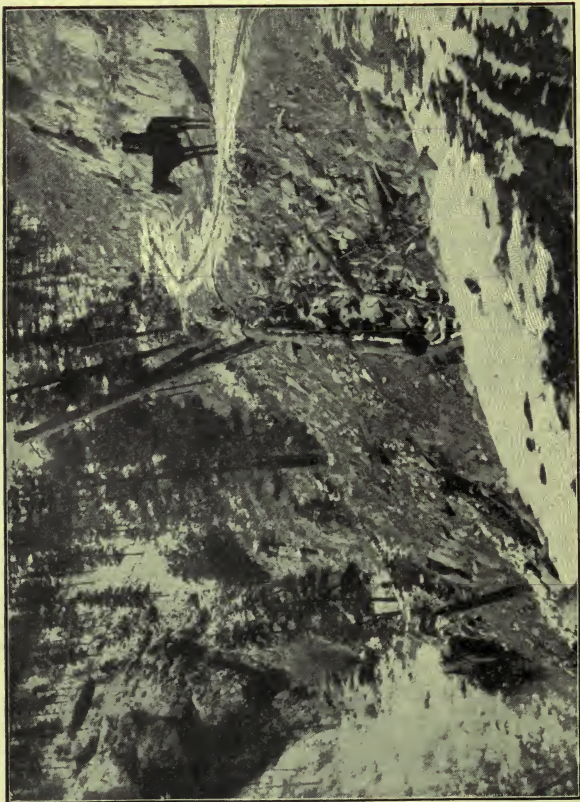
A
GUEST
CHAMBER



EL
CABALLERO.

Las Vegas Hot Springs

The Montezuma



WINTER IN THE GALLINAS CANYON.

Las Vegas Hot Springs

The Montezuma

requisite to the healthy action of the lungs. Regular life and exercise in the open air will, indeed, secure such action in any climate, but much cloudiness and the rigor and sudden changes of other climates discourage life in the open air, and thus weakness of the lungs is induced; or, even if out-of-door life is pursued, the sudden changes, combined with carelessness, produce congestion, which develops into catarrh, bronchitis, etc. Clogged, overburdened, insufficiently aerated, and perhaps inflamed and congested, as the result of the severer climate, the lungs become an easy prey to the tubercular bacillus, which only the opposite conditions will overcome.

The failure of either skin or kidneys to do their work for any length of time, means the overburdening and ultimate disease of the other; and when this result is established there ensues a clogging of organs and tissues with the waste matter, which is really a poison, and we have a condition of auto-toxication. In the line of this process and its results we have the widely prevalent diseases: Rheumatism, gout, neuralgia and kidney complaint.

Now for the relation of the New Mexican climate to these diseases. Much the greater part of our perspiration is insensible. But this insensible perspiration is at a minimum in an atmosphere surcharged with moisture. It is true that vigorous exercise in the open air induces sensible perspiration, but vigorous exercise, too, is discouraged in other climates through a con-

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siderable part of the year by the same circumstances that prove unfavorable to the lungs. Thus the skin fails to relieve the lungs, and the system in general, and the lungs carry little of the labor of the skin. A dog does nearly all his perspiring through his lungs—that is what is going on when he pants—but man does not know the knack of it.

The kidneys, much more than the lungs, depend for health upon the vigorous action of the skin, and while vigorous exercise stimulates them and all other organs to healthy action, the absence of ample life in the open air leads to their being overtaxed, and the results are congestion, and gout, and rheumatism. In the body, as in the cosmos, all are but parts of one tremendous whole, and if one member suffers, all the others suffer with it. If one or all of these important organs grow weak or diseased, there may result a "sympathetic strike" in any other organs, especially in such as may have an hereditary tendency to weakness. Some of the functions most apt to suffer in connection with those already named, are the digestive and the nervous.

And now for the hygienic and therapeutic value of our New Mexico climate:

Come to the Sunland, and what will it do for you? The sunshine alone—three hundred and thirty-nine days of it in a year!—will entice you to spend most of your life in the open air. And such air! Pure, cool, aseptic, life-giving. If you are well and strong you

Las Vegas Hot Springs

The Montezuma

will walk in it, ride in it, climb mountains in it, grow strong in it. If you are frail or weak, you will want to do the same, and only the restrictive advice of a wise physician will keep you from overdoing. But you can sit and bask in the sunshine and get most of its benefits. Aside from its cheering influence upon the feelings, there is a marvelous power in the New Mexico sunshine, which medical science can only record, not explain. Warm as the sun is sometimes in mid-summer, it never withers, but merely mellows and ripens. It goes through bone and marrow, dissolving all malarial drift and clog, softening the memories of past aches and pains, and reconciling the system to the new life it is to enter upon under the influence of new and natural stimuli.

But the real hygienic work is done by the dry and rarefied atmosphere. The rarer air compels deeper respiration to satisfy the demands of oxygenation in the lungs. The increased exertion of the lungs opens up passages that may just be closing from inaction and neglect, and this result ensues without any muscular exertion on your part, and war is declared even upon the very germs of tuberculosis. Although this air may not destroy the germs of this direful malady, it destroys the conditions favorable to their development, and limits their ravages in those already affected.

Las Vegas Hot Springs

The Montezuma



HOW WOULD YOU LIKE TO BE THE BURRO?

Las Vegas Hot Springs

II.

Las Vegas Hot Springs.

The Montezuma

THE
CROQUET
GROUNDS.



THE
BILLIARD
ROOM.



Las Vegas Hot Springs

The Montezuma

Las Vegas Hot Springs.

WHILE each locality in New Mexico has, in general, these advantages of a high and dry climate, the location of the Las Vegas Hot Springs and the Montezuma Hotel adds to them certain others which fit it to be a rest and health resort without a superior in the world. The altitude, 6,767 feet, and the proximity of the Las Vegas spur of the Rocky Mountains, insure against the greater and more relaxing heat of the plains and lower valleys. The Montezuma Hotel and the Springs are a few hundred feet from the lower end of the canyon of the *Gallinas River, where it debouches upon the plains which give their name, †Las Vegas, to the commercial metropolis of Northern New Mexico, six miles below.

Many people have the idea that Las Vegas and Las Vegas Hot Springs are one and the same place. New arrivals, who have had their mail directed to Las Vegas are surprised to find that it does not reach them promptly at the Montezuma. There are, in fact, three post-offices, called respectively Las Vegas, East Las

*Local pronunciation, Gah-yee'-nahs.

†Pronounce, Lahs-vay'-gahs.

Las Vegas Hot Springs

T h e M o n t e z u m a

Vegas, and Las Vegas Hot Springs. The East Las Vegas post-office is situated in what is called the "New Town," which is separated from "Old Town" by the Gallinas River. In East Las Vegas the population is almost entirely American, while in Las Vegas proper the proportion of Mexican citizens is much larger than that of American. The two divisions form practically one town of something over eight thousand inhabitants.

The growth of Las Vegas has been phenomenal in the past few years, and it is now the second city in size and importance in the territory. It is the largest wool-shipping point in New Mexico, and merchants and commission houses do a large business, reaching out many miles through the country about. The headquarters of the New Mexico Division of the Atchison, Topeka & Santa Fe Railway are located there, and many railroad men have comfortable homes in the town. The residences will compare favorably in architecture and comfort with those of most Eastern towns of its size. The Territorial Normal School is quartered in a very handsome brown-stone building, which would do credit to any community. The public schools are well-graded, efficiently managed, and afford every facility for the proper education of the children. The High School uses part of the Normal School building.

There is a National Bank in each division of Las Vegas, and in East Las Vegas are found churches of every denomination, with attractive and commodious

L a s V e g a s H o t S p r i n g s

The Montezuma



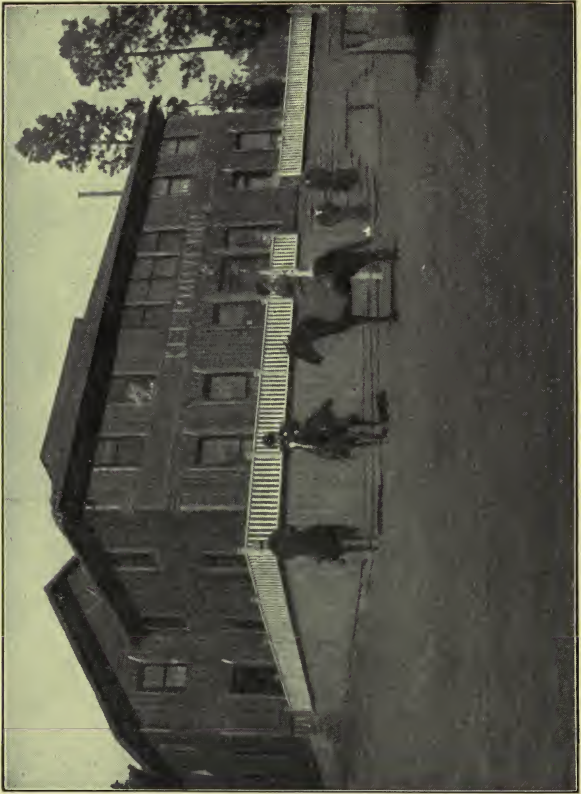
THE
POST
OFFICE.



CIGAR
AND
NEWS
STAND.

Las Vegas Hot Springs

The Montezuma



EL PORVENIR.

Las Vegas Hot Springs

The Montezuma

buildings. The stores of every kind are well-stocked, and their prices are reasonable, and goods of satisfactory quality. They offer to their customers the conveniences found in Eastern stores of the same classes, and free delivery of purchases, courteous attention and fair dealing are the rule.

The new station of the Santa Fe system is an attractive building, and in close proximity to it is the Hotel Castañeda, which combines the functions of a railway eating house and hotel. It is a strictly modern house, handsomely furnished throughout, and when we say that it is operated by the Harvey system, no further guarantee of its excellence is needed.

The Hot Springs branch of the Santa Fe Railway runs five trains daily each way between Las Vegas and the Springs, furnishing convenient service between the two points, bringing within easy reach of the guests of the Montezuma department stores, dress-makers, curio shops, and dentists—and who has not had the toothache?

The canyon of the Gallinas runs here nearly east and west, and the hotel and the Springs are thus sheltered from the direct force of the southwest winds with their disagreeable freight of sand, which may be seen on occasional windy days like a river of mist, far out across the *vegas* to the southeast.

As if to leave nothing to desire, Nature has planted in this favored locality a series of mineral springs of varied temperature and chemical composition, the

Las Vegas Hot Springs

The Montezuma

therapeutic effects of which are as yet only half known and applied. But the long experience of the natives and early Spanish settlers, together with the briefer, but more conclusive observation of the medical staff of the Montezuma Hotel, have demonstrated the benefit of the waters regularly employed, as stimulating to the digestive organs, as well as to skin, kidneys and liver.

But man cannot live by climate alone. Recognizing the necessity of making life in this region comfortable and agreeable, the Atchison, Topeka and Santa Fe Railway Company has erected in convenient proximity to the Springs a splendid hotel, equipped with a full staff of officers and medical attendants, and made accessible from the main line at Las Vegas by a branch road with frequent trains.

The Montezuma Hotel is a handsome four-story structure in the chateau style, built of grayish red sandstone and slate. It stands on the north side of the Gallinas where the canyon widens to a small amphitheatre, about one hundred feet above the river bed,* and commanding attractive views of the pine-clad slopes of the surrounding hills, and a splendid vista through the canyon mouth across the plains and mesas to the dark forest ridge, thirty miles away on the southwestern horizon. The floor of the amphitheatre

*The original Montezuma, burned some fifteen years ago, was in a less sunny and commanding location close beside the stream. The present structure is practically fire-proof.

Las Vegas Hot Springs

The Montezuma



THE MONTEZUMA OFFICE.

Las Vegas Hot Springs

The Montezuma



THE MONTEZUMA.

Las Vegas Hot Springs

The Montezuma

is occupied by a pretty lawn of several acres, with firm turf, primeval pines, seats, flower-beds, and tennis and croquet grounds, while the steep slope up to the hotel is tastily parked with winding drives and walks.

Supplementing its hundred and twenty chambers, every one with a pleasant view, the hotel has a handsome ash-finished office with a spacious fireplace, which does valiant service of cool evenings; three large parlors, a convenient writing-room, a dining-room capable of seating comfortably two hundred guests, over five hundred running feet of wide veranda, of which some seventy feet are converted by glass walls into a sun-parlor; large bowling alleys and billiard rooms, and a casino sixty by one hundred feet with fine dancing floor, gymnasium apparatus, and stage for entertainments and private theatricals.

The Montezuma is heated by steam, and lighted by electricity, the power being generated at a building a quarter of a mile away, and so located that the atmosphere at the hotel is never polluted by smoke. There is, also, a Hale standard elevator for the use of guests.

A few rods from the main building are, on one side of the park, two neat cottages for use as hospitals in case of need, and on the other the old Mountain House ready to accommodate the overflow from the Montezuma, and a little back the company stables, which provide carriages, saddle horses and burros at moderate rates.

Las Vegas Hot Springs

The Montezuma

Just beside the garrulous Gallinas stands the bath-house, a center of interest to well and weak alike. To this site rheumatic red men and wild-eyed melancholy Mexicans have for centuries made pilgrimage from hundreds of miles around to seek the relief afforded by the miraculous *aguas calientes*. While yet there were "A thousand miles on either hand, where an Englishman never had been," the conquering caballero cavorted here in the salubrious mud, surrounded by his doña and niños, just as many a Saxon boy luxuriates in the "mud hole" of his fondly loved "Willer Creek." But the peat-beds of the Gallinas, saturated with the saline waters of Spring No. 6, are a mud hole for the gods. The practical Anglo-Saxon has taken charge, and if the peat bath is less picturesque than the mud hole of the ancient *ojos calientes*, it is vastly more beneficent and more accessible to those who most need it. While the tub, plunge, pack and vapor baths in the Hot Springs waters are all beneficial in affections of the skin, liver and kidneys, the peat bath is the height of salubrity, as well as of luxury; an additional feature of the luxury is that each bather has his individual mud. The wholesome and aseptic peat-porridge clings like an all-pervading poultice about the person of the patient, opens every pore, and reaches straight to the liver and the kidneys, inciting them to freer action. Cases of patients who have taken the peat baths for a time, left the Hot Springs and then returned, with observations on their urine, demon-

Las Vegas Hot Springs

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strate beyond question the powerful effects of the baths upon these organs. Contrary to all expectation, the effect of this poultice is not weakening or depleting. The stimulating effect upon the digestive functions is such that patients have actually gained in weight while taking three peat baths a week.

For the pleasure-seeking guest of the hotel the bath-house contains a little gem of a natatorium, fifteen feet by fifty-four, sloping from four to nine feet in depth, and supplied with hot water of No. 6 Spring, which is reduced to a suitable temperature. Over the water are rings and trapeze, and the opportunity for fun is maximum. The saline water makes the natatorium an exceptionally good place for learning to swim.

Las Vegas Hot Springs

The Montezuma

LADIES'
COT
ROOM
AT
BATH
HOUSE.



TREATMENT
ROOM
AT
BATH
HOUSE.



Las Vegas Hot Springs

III.

Surroundings of the Montezuma.

The Montezuma

THE
CASINO.



THE
LADIES'
PARLORS.



L a s V e g a s H o t S p r i n g s

The Montezuma

Surroundings of the Montezuma.

THROUGHOUT the greater part of the year the surroundings of the Montezuma remind one of those of the lower Alps. There is, indeed, no perpetual snow in sight, but in other respects the comparison is justified. The musical tinkle of goat bells is the first sound the guest hears as he awakens from peaceful sleep in the refreshing air that swims freely through his chamber. The perfect quiet of the hotel in the early morning is in gratifying contrast with the sleep-banning bustle of the average city establishment.

From whatever window one may look, there is an interesting prospect—a kop, a mountain ridge, the ribbon-strata of the canyon, the little meadow on the height opposite, the “bear-slide,” the pine-covered slopes leading away toward the main range, or the *vegas* seen through the canyon’s mouth—everywhere there is something to tempt the reinvigorated traveler to tramp and climb.

And every little climb repays the effort with a new revelation of the beauties of the region. One may “stand tiptoe upon a little hill” that slopes up two hundred feet before the very door of the hotel, or mount the summit of some loftier ridge from which

Las Vegas Hot Springs

The Montezuma

he sweeps the peaceful plains with almost the feelings of a Cortez, when "he stared at the Pacific, silent upon a peak in Darien." And the view from the summit is not the explorer's only reward if he have any eye for the minor beauties of Nature. Unlike many of the New Mexican foothills, the valley of the Gallinas is well clad with shrub and tree, and the whole effect of the prospect along it is verdurous. The piñon pine, with its short needles, the most familiar evergreen of the Southwest, the Norway fir, cedar and juniper, and under the steep south walls of the canyon the tapering blue spruce—these, with some mixture of willow, cottonwood and aspen, and under and among all the scrub-oak which paints the autumn views—these are the larger representatives of Nature's unroaming children. Closer to the ground the various and four-fold year distributes his dower of floral charms in sufficient variety to satisfy the flower-lover and fascinate the botanist. The columbine is the glory of the early summer; mountain pink, golden rod, campanula, asters, a delicate sky-blue spiderwort and a variety of ferns, with Indian plume, coreopsis and sunflower are some of the flowers one may pick within five hundred feet of the Montezuma.

There are birds enough in the canyon to keep one from growing lonesome without intruding too much upon the rarer features of the region. The yellow warbler hides among the branches of the pine and "lets his illumined being o'errun with the deluge of summer it receives," just as his cousin does in Illinois or

Las Vegas Hot Springs

The Montezuma



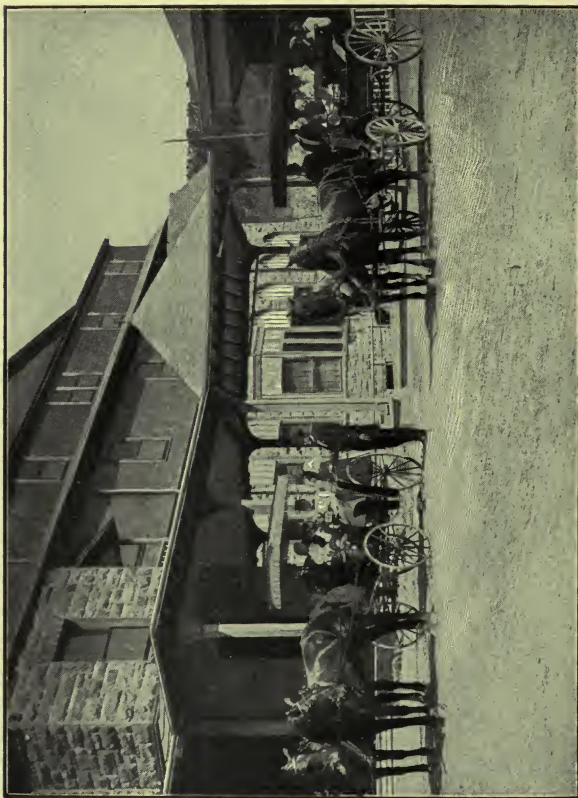
THE
SWIMMING
POOL.



RECEPTION
ROOM.

Las Vegas Hot Springs

The Montezuma



A PICNIC PARTY.

Las Vegas Hot Springs

The Montezuma

Massachusetts. The Rocky Mountain jay, deep blue shading to black, without lighter markings, flits almost noiselessly from tree to tree. He seems so well satisfied with the climate that he seldom scolds as does his cousin of the Mississippi Valley. Occasionally one sees the mountain magpie, and overhead, often the only fleck upon the marvelous blue of the sky, sails incessantly the watchful buzzard, a tantalizing target for the ambitious marksman.

The Gallinas canyon runs the gamut from pretty to grand. Here "God ploughed one day with an earthquake and drove his furrow deep;" and down the rock-ribbed furrow runs the crystal current of the Gallinas, fed by springs, and independent of refrigerators. A good road keeps close to the stream, frequently bridging it and enabling the wanderer to get the best effects of water and rock, and tree and sky. Just opposite the Montezuma Hotel the wall of the canyon shows the line of union between palæozoic and later rock. On one side slope away the clean-cut outlines of quartz and vari-colored granite; on the other limestone and shales. Just outside the mouth of the canyon the limestone and sandstone strata lie approximately level. An upturned stratum of limestone constitutes the outer wall of the canyon, and the red and gray shales and limestone stand on edge up to the fault where they meet the feldspar.

For miles up the canyon the strata are in the same position, straight on edge and at right angles to the

Las Vegas Hot Springs

The Montezuma

course of the stream. The river has not allowed its bed to fill with boulders, and accordingly the red, white and blue tints of the granite show like an expanse of bunting beneath and beside the clear waters. Other canyons may show more imposing walls, but surely none can excel that of the Gallinas in the oriental brilliance of its coloring. Everywhere there is ample shade and inviting space for picnicking and camping. It is a paradise for the amateur geologist, and belike for the professional also.

Geology is the handmaid of mineralogy, and there is no more fascinating guide in mountain rambles than the hope of discovering a lead of some precious metal. In very fact, the Las Vegas spur is as promising ground for prospecting as parts of New Mexico where great "finds" have been made. If the amateur prospector, through the tributary gorges and slopes of the Gallinas, does not allow himself to be so far absorbed by the "accursed hunger for gold," of which Virgil sings, as to lose the beauty of the scenery, he will in any case get his mind off his business and learn something of geology, while he may, like many a bigger fool, stumble upon a "pay streak" that will make the Montezuma a wealth resort as well as a health resort. On this head a few words from the last annual report of the Governor of New Mexico may be fitly quoted:

"That the whole mountain region of New Mexico presents a sure prospecting field is a safe assertion. To say that a few favored spots at which developments

Las Vegas Hot Springs

The Montezuma



ON THE PICTURESQUE GALLINAS.

Las Vegas Hot Springs

The Montezuma

BACK
FROM
THE
MOUNTAINS



ON
THE
ROAD
TO
BALDY.



Las Vegas Hot Springs

The Montezuma

have taken place—merely points on the vast area of known mineralized territory—show even a small part of the great resources of our mountains, is false. In the heart of the best developed camps is still much virgin ground, and much of the mineral-bearing area has scarcely been scratched by the prospector's pick. The chances in this Territory to-day are equal to those presented by the Cripple Creek or Leadville districts. The chain of mineral deposits running through Colorado are practically the same as found throughout the entire extent of New Mexico, superficial conditions and geological formations in this Territory being almost identical with those found in Cripple Creek and other rich Colorado camps. Following the mountain range from the northern boundary through Colfax and Taos counties to the southeast through Santa Fe to Lincoln, and to the southwest through Bernalillo, Socorro, Sierra, and Grant counties, the same general indications are met, the outcroppings being conspicuous and almost continuous. Many mines in this range have been good producers for years, and new and valuable finds are of almost daily occurrence. At the present time development is being carried on more vigorously than in the history of the Territory. When the prospector and investor considers that this mineralized region extends through New Mexico a distance of over 400 miles, and strikes almost every county in the Territory, he can readily see that it is the most attractive field in the West. Climatic conditions, which make it possible to

Las Vegas Hot Springs

The Montezuma

work the year around, are also an advantage not to be overlooked."

No one needs tell the sportsman of the joys of hunting and fishing, and haply no description of these pleasures will tempt to indulgence one who has not already some taste in this direction. However, most amateurs will admit that a large share of the pleasure lies in the exercise, "the joy of paths untrod," the direction of the attention away from self and daily cares to the possible quail in every cosy covert, the possible trout in every pool or ripple. In the immediate vicinity of the Montezuma there is little hunting or fishing, but after a vigorous tramp or a short ride, both may be found to satisfaction. Grouse and quail are near at hand in their season, and ducks are plentiful on the ponds ten miles across the plains. By going from ten to thirty miles up to the main divide, a shot may be had at deer, wild-cats, or even bear. Trout fishing begins at the Trout Springs, six miles up the Gallinas, and improves as one goes up toward Harvey's Ranch. Twenty miles away, on the headwaters of the Pecos, it is still better.

Regarding the fishing on the Pecos, I quote the language of an appreciative amateur, the late Mr. C. A. Higgins:

"The Pecos River is one of the best trout streams in the United States. The trout do not attain the size of those in the Rio Grande in the State of Colorado, but in number and voracity they satisfy the greediest carrier

Las Vegas Hot Springs

The Montezuma



OLD CHURCH AT THE PLACITA VEJILLES.

Las Vegas Hot Springs

The Montezuma

A
MEXICAN
ADOBE
HOUSE.



READY
FOR
A
HORSEBACK
RIDE.



Las Vegas Hot Springs

T h e M o n t e z u m a

of a creel. Rarely weighing less than half a pound, they often tip the scale at over a pound, and two-pounders are not infrequently taken. Four miles beyond the Pecos Church, almost on the river bank, and in the heart of the best fishing, is a comfortable ranch-house, where excellent accommodations in the way of meals and lodging may be obtained. Here, also, is the location of a proposed National Park.

“For many miles the stream offers the perfection of fly-fishing. Here and there are pools too deep for wading, but the fisherman equipped with hip-boots is seldom forced to the bank. Following the winding shallows, the entire stream may be whipped, left and right, and every lurking-place under projecting shore and bough explored with a cast of flies. In a delightful three days upon this river, the writer recalls but two occasions of even momentary embarrassment to his leader by bush or branch, and the avidity with which the Pecos trout rise to a fly, and the determination with which they resist capture, has rarely been equaled in his experience.”

There is no part of the cismarine territory of the United States so full of interest to the student of ethnology as New Mexico. At many points in the territory are ancient Pueblo towns, some deserted and some still occupied, while excavations are revealing remains of earlier civilizations and historic mementos of the earliest Spanish occupancy. Pueblo and Navajo Indians live on several reservations in the Territory with their

L a s V e g a s H o t S p r i n g s

The Montezuma

primitive institutions intact, save that they no longer go on the warpath—unless it is under the lead of Uncle Sam. The Mexicans themselves are an interesting people. Their architecture and customs begin to be recognized before the traveler has crossed the Raton Range, and there is no point in the Territory where they are not in evidence. Most of the larger cities have, like Las Vegas, an “old town,” or Mexican side, and a “new town,” or American side. There is a Mexican village, or *placita*, scarcely more than a mile from the Montezuma Hotel, and another half way between the Hot Springs and Las Vegas. Whoever wishes to complete his picture of the Lotus Land, has only to spend an afternoon in a Mexican *placita*. Incidentally, the traveler who has brought his Spanish grammar along may profit by the opportunity to naturalize his pronunciation of the liquid *lingua Castiliana*. While the pronunciation of the Mexicans differs in a few points from that of Castile, it is the same that prevails throughout Spanish-America. There are educated and cultivated people among the Mexicans, whose society is worth seeking.

Las Vegas Hot Springs

IV.

Details of the Service.

The Montezuma



A BURRO PARTY.

Las Vegas Hot Springs

The Montezuma

Management, Rates, Medical Staff, Analysis of Mineral Waters, Etc.

THE management of the Montezuma studies to provide not only a first-class hotel, but also a cheerful home. There is an absence of the paralyzing pomp and the distressing display characteristic of too many large hotels. Even the guests, after a few days' stay, come to take an interest in the institution, and welcome new arrivals with a kindly smile, instead of a gorgonizing stare. The cool evenings of autumn and winter are passed around the great fireplace in story-telling. A Sunday evening of hymn-singing in the parlor recalls the old folks at home.

Guests will seldom fail to find congenial company for card parties, theatricals, musicales, games, tramps and excursions. One member of the manager's staff is assigned to the especial oversight of these matters.

Inasmuch as the Hot Springs has postoffice, telegraph and telephone station and railroad ticket office of its own, travelers can make all business arrangements with ease, and can depend upon the competent assistance of the management to this end.

In addition to other conveniences of living already enumerated, guests who contemplate any considerable

Las Vegas Hot Springs

T h e M o n t e z u m a

sojourn at the Montezuma Hotel, will find for their children good school facilities, the school being part of the common school system of New Mexico, but practically under the control of the management of the hotel. Parents need have no anxiety regarding the influences surrounding young people at the Montezuma; no better will be found about the best family hotel.

The rates at the Montezuma are \$2.50 to \$4 by the day, and \$14, \$16, \$17.50 and \$21 by the week. Where two persons occupy a single room, a discount of fifty cents each is made from daily rates, or about one dollar each from weekly rates. The same rooms have a monthly rate of \$52, \$60, \$65 and \$80. Special rates are granted parties of three or more who remain a considerable time. A special discount is made to physicians. Medical attendance is not included in the hotel rates. Medical rates must depend upon the services and treatment needed in each case.

Somehow, New Mexico seems to most people in the East much farther away than Colorado. In fact, Las Vegas is only about thirty-five miles farther from Kansas City via the Santa Fe than is Denver, and the journey but a little over an hour longer. Kansas almost touches New Mexico, and people would be less likely to deny themselves the benefits of the Las Vegas Hot Springs if they only realized the fact that this resort is quite as accessible as any of those in Colorado—only a day's journey from Kansas City.

L a s V e g a s H o t S p r i n g s

The Montezuma



DINING ROOM OF THE MONTEZUMA.

Las Vegas Hot Springs

The Montezuma



THE TENNIS COURT.

Las Vegas Hot Springs

T h e M o n t e z u m a

Passengers to California by the Santa Fe may obtain stop-overs for the Hot Springs, and draw-back checks insuring sleeping-car accommodations, and will find this a delightful midway station at which to spend a few weeks. Round trip tickets from Kansas City and points further east are on sale at reduced prices, and special rates are made to those who spend two weeks or more at the Montezuma.

People of moderate means should not overlook the convenience of the tourist sleepers, which offer all the essential comforts of the palace car, at less than half the cost. Many travelers prefer them, quite apart from the lower price.

The Company has established, in connection with the Montezuma Hotel, a fully equipped staff of physicians and nurses, with all the appliances and apparatus which the situation demands. It has been demonstrated that fully fifteen to twenty per cent more cases of tuberculosis recover under medical supervision than without. This supervision includes an examination and treatments consisting of regulation of the diet and exercise, hot fomentations, baths and massage, throat and nose treatments, ozone and other medicated inhalations, static electricity and physical culture. A chart is kept, recording the temperature and pulse rate, number of hours spent in the open air each day, and number of hours patient sleeps each night, with record of medicines given and treatments applied.

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Every case of chronic malaria, rheumatism, kidney trouble or neuralgic affection is looked after in the same careful way, proper baths and directions for drinking the waters being prescribed for each case, and a record kept of the same. Static, galvanic and Faradic electricity is used in addition to the baths for the treatment of these cases, and a special hot air apparatus has been found beneficial occasionally.

At the head of the medical staff is Dr. David S. Perkins, a graduate of both the Cleveland and the Jefferson Medical Colleges, and for some eighteen years a practicing physician of Cleveland. All the nurses and attendants are graduates of the best institutions in their respective lines. Dr. Perkins has at his service, in addition to the various baths referred to, a Kellogg electric light bath, a Waite & Bartlett static machine, with X-Ray attachment, the best of chloride of silver batteries, both galvanic and Faradic, oil nebulizers and sprays operated by compressed air, with an ozone inhaler attachment, and a laboratory fitted up with microscopes and apparatus for the examination of blood, urine and sputum.

The utmost care is taken with the sanitation of the building and grounds. The hotel sewage is conducted several miles down the valley, and converted by the Berlin system to the uses of the hotel farm garden. Expectorating upon the premises is prohibited. On the vacating of a room which has been occupied by a patient affected with tuberculosis, it is subjected to a

Las Vegas Hot Springs

The Montezuma

thorough disinfection by formaldehyde gas. Cuspidors are conveniently located, and frequently and antiseptically cleaned. These precautions are not observed in most Western hotels, and the Montezuma is consequently an exceptionally safe stopping place for transient, as well as permanent guests. No person suffering from advanced tuberculosis or from any obnoxious or incurable disease is received at the hotel. This may be the proper place to say that the altitude of the Hot Springs is not a safe one for persons suffering with advanced tuberculosis or valvular weakness of the heart.

Those desiring advice as to the adaptability of the climate and waters and of the treatment to individual cases are invited to confer freely by mail with the physician in charge, addressing him at The Montezuma.

Despite the thorough preparation for the treatment of incipient tuberculosis, neuralgia, gout, rheumatism and kidney complaints, the atmosphere of the Montezuma Hotel is not at all that of invalidism. The proportion of persons in delicate health averages only about one-third of the patronage—less than at most noted Southwestern resorts. Here, as everywhere, there are people who will tell of their aches and pains, but the general air of the guests and patients is one of hopefulness and cheer and joy of life.

There is a charge of \$5 for the first physical examination, and a charge of \$5 for the first microscopic ex-

Las Vegas Hot Springs

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amination of sputum. Subsequent examinations are without extra expense. Guests suffering from rheumatism and kindred ailments, and desiring medical treatment, pay from \$5 to \$8 per week, this fee including all consultations, nursing and the above baths, so far as prescribed. Patients in tuberculosis, who are required to follow closely the advice of the medical director, pay not to exceed \$20 per month, which also includes all baths and treatments. Extra charges are made when patients are confined to bed. The only charge not included here is an extra allowance for a second bed in case patients wish to sleep out of doors, as many do with great benefit. Consultation and treatment for casual acute sickness are charged for in accordance with prevalent local rates.

The Mineral Waters.

While a chemical analysis has no particular value for the average unprofessional reader, it is a certificate of character to such as understand its meaning. The waters of Las Vegas Hot Springs have been subjected to careful test by Dr. Walter S. Haines, Professor of Chemistry, Rush Medical College, who states that in many respects they resemble in chemical composition the waters of the famous hot springs of Teplitz and of Carlsbad, and finds them to contain special ingredients

Las Vegas Hot Springs

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in the amounts set down below, for every standard gallon:

Carbonate of Calcium.....	0.89 grains.
Carbonate of Magnesium.....	0.15 "
Carbonate of Sodium	8.38 "
Carbonate of Potassium	0.28 "
Sulphate of Sodium.....	3.35 "
Chloride of Sodium.....	14.68 "
Silica.....	3.50 "
Alumina	0.10 "
Volatile and Organic Matter.....	0.32 "
Carbonate of Lithium.....	Traces.
Bromide of Sodium.....	Trace.
Total.....	31.65 grains.

This water, from Spring No. 6, is used altogether for drinking purposes by the guests of the Montezuma Hotel, and the fact that few of them recognize it as mineral water, says everything for the absence of any disagreeable taste connected with it.

Another spring that has been found of peculiar benefit in digestive troubles, is known as the Sulphur Spring. An analysis of the water from this spring has recently been made by Mr. W. A. Powers, of Topeka. The mineral analysis of this spring is here given in parts per 100,000:

Organic and Volatile.....	2.500
Potassium Sulphate	8.890
Potassium Chloride.....	7.620
Sodium Chloride.....	21.870
Sodium Sulphate.....
Sodium Carbonate
Sodium Bicarbonate	1.180
Iron Bicarbonate.....	.110

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Calcium Bicarbonate	1.730
Magnesium Bicarbonate.....
Lithium Bicarbonate.....	.020
Sodium Biborate410
Sodium Silicate	2.850
Sodium Phosphate100
Sodium Hyposulphite.....	.170
Silica	4.250
Potassium Bromide.....	Trace.
Aluminum Sulphate330
	<hr/>
Temperature of the water in degrees Fahrenheit.....	52.030
	<hr/>
	124

Sanitary analysis of the same spring shows:

Total Solids.....	53.5
Volatile Solids	2.5
Nitrogen as Free Ammonia03
Nitrogen as Albuminoid Ammonia.....	.006
Nitrogen as Nitrates.....	Trace.
Nitrogen as Nitrites	None.
Oxygen Consumed.....	.537
Chlorine	16.06

This water has a decided saline and sulphur taste, and fresh from the spring is very palatable. When this water is taken before meals, regularly, the amount being prescribed to fit each individual case, the effects are decided in character, and very beneficial.

Other spring waters are used in the natatorium, which resemble No. 6 in analysis. The cold water used to cool the naturally hot spring water at the bath-house and natatorium is derived from Springs No. 20, 21, 22 and 23, and allowed to cool in tanks.

Las Vegas Hot Springs

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The mineral analysis of this cold water collected from the four springs above mentioned, is as follows:

Organic and Volatile	2.000
Potassium Sulphate	8.500
Potassium Chloride.....	7.270
Sodium Chloride.....	20.760
Sodium Sulphate
Sodium Carbonate
Sodium Bicarbonate	2.690
Iron Bicarbonate110
Calcium Bicarbonate	1.880
Magnesium Bicarbonate.....
Lithium Bicarbonate020
Sodium Biborate.....	.910
Sodium Silicate.....	10.060
Sodium Phosphate030
Sodium Hyposulphite
Silica980
Potassium Bromide.....	Trace.
Aluminium Sulphate330
	<hr/>
	55.540

The following baths, with prices for the same to people not under medical treatment, are given at the bath-house. Patients under treatment are given these baths as needed, under their weekly or monthly rate:

Prices of Baths.

1. Peat	\$ 2 00
2. Peat and Massage.....	3 00
3. Series Ten Peat Baths.....	18 00
4. Tub Bath	35

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5. Tub and Massage	\$ 1 50
6. Tub and Plunge.....	50
7. Shower	25
8. Shower and Oil Rub.....	75
9. Shower and Salt Glow.....	75
10. Shower and Shampoo.....	75
11. Shower and Massage.....	1 50
12. Shower, Salt Glow and Massage.....	2 00
13. Massage	1 50
14. Vapor	75
15. Vapor, Shower and Massage.....	2 00
16. Vapor, Shower and Plunge.....	1 00
17. Fomentations	50
18. Alcohol Rub	25
19. Plunge	35
20. Electro-Thermal Baths	1 00
21. Electro-Thermal Baths with Massage.....	2 00
22. Series Ten Electro-Thermal Baths with Massage	18 00

A reduction in price is made for any of the baths or treatments when taken in a series of ten or more.

Las Vegas Hot Springs

V.

Notes About New Mexico.

The Montezuma

FORDING
THE
GALLINAS.



RECEPTION
AND
WAITING
ROOM.



Las Vegas Hot Springs

Some Other New Mexican Resorts.

SO far as agreeable and healthful climate is concerned, it is almost impossible to locate amiss in New Mexico. Considerations of health or of business may make it impossible to choose Las Vegas, and we call attention to the following resorts, each of which has its peculiar advantages:

Carlsbad, in the Pecos Valley, is in a beautiful farming region, and near to valuable mines. It is 3,000 feet lower than the Las Vegas Hot Springs, and has considerably higher temperature. There are mineral springs of qualities similar to those at Las Vegas, but differing in having chloride and sulphate of magnesia.

The Coyote Hot Springs, twelve miles from Albuquerque, and the Hudson Hot Springs, twenty-five miles north of Deming, have about the same altitude, being both about 1,500 feet lower than Las Vegas. This, and their more southern latitude, make them slightly warmer than the Las Vegas Hot Springs. Their waters have qualities similar to those of the Las Vegas springs. Hudson offers the advantages of an excellent modern hotel.

The Jemez Hot Springs, about fifty miles north of Albuquerque, and reached from there by wagon, and Ojo Caliente, fifty miles north of Santa Fe, and twelve miles from Barranca, on the Denver & Rio Grande Railway, being reached from the latter point by stage.

The Montezuma

are resorts at about the same altitude as Las Vegas, and differing little from it in climate. Jemez has a hot geyser, waters of which are recommended for rheumatic sufferers, and is a popular camping resort. Ojo Caliente is an old and famous locality, having been visited by Cabeza de Vaca. Its waters contain, in addition to the elements found in other New Mexican springs, lithium and arsenic. Lithium, as is well known, is much prescribed for rheumatism. There are comfortable hotel accommodations at Ojo Caliente, and preparations are making to enlarge and improve them.

Details regarding these and other New Mexican points are furnished in the booklet, "New Mexico Health Resorts," which will be sent on application, or can be had of any agent of the Santa Fe.

Expert Testimony.

The conviction of some of the best authorities in the world regarding the question of the relation of climate to the cure of tuberculosis is manifested in the recent action of the U. S. Government in establishing two sanitarium for tuberculous patients in New Mexico, one for soldiers at Fort Bayard, and the other for marines at Fort Stanton. Government experts went over the whole possible field, and finally determined upon New Mexico as the best location for such hospitals, the precise place being determined by the ease of acquiring and developing the property. The specific advantage of New Mexico over other territories was found to be "the mild winters combined with delightfully cool

Las Vegas Hot Springs

The Montezuma

summers, and a generous water supply." A prime consideration in locating these sanatoria in New Mexico was the reports of army physicians for years past, showing the comparative death-rate from tuberculosis in various localities. The number of deaths per 1,000 from this cause were: West Coast of Florida, 6.9; New York, 5.9; New England, 4.8; on the Great Lakes, 4.5; Texas Coast, 4; Western Texas, 3.9; Eastern Florida, 2.3; New Mexico, 1.3.

Though these sanatoria have been in operation but one year, each has turned out ten to twelve per cent of patients cured, and from twenty to forty per cent decidedly improved. The Las Vegas Hot Springs offer all the advantages of Fort Stanton, with the addition of the mineral waters and baths and first-class hotel accommodations.

Government Believes in Climate.

SANCROFT
LIBRARY

From a vast quantity of unsought expert testimony regarding the therapeutic effect of the climate of New Mexico, the following passages are extracted. To the judgment here given there is practically not a dissenting voice:

"I think that New Mexico surpasses any locality for consumptives I have yet visited, and I have been all over California, Colorado, the South, the Sandwich Islands and Europe. * * * I am decidedly of the opinion that the region visited is, for consumptives, superior to any other part of the United States or the world, of which I have any practical knowledge.—J. F. DANTER, M. D., in *Medical Visitor*.

Las Vegas Hot Springs

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"New Mexico is by far the most favorable residence in the United States for those predisposed to or affected with phthisis. * * * In a service of three years in New Mexico, during which period I served at eight different stations, I saw but three cases of phthisis, and these were in persons recently arrived from elsewhere."—W. A. HAMMOND, *ex-Surgeon-General U. S. A.*

Some time ago, a party of medico-scientists, commissioned by the *Société Medicale* of France arrived in New Mexico, after inspecting many parts of the world held in high esteem as winter and summer resorts for consumptives.

"Their object in thus journeying was to examine and report upon the sanitary qualifications of these different localities, and countries, the end in view being the location of a large sanatorium for the treatment of consumption. The commission (with, we believe, the exception of one member personally interested in another locality) reported upon New Mexico as in every respect better suited for such a purpose than any country they had visited, including far-famed Algeria and other places heretofore noted as health resorts, especially emphasizing the fact that a case of consumption was never known to have originated in New Mexico."

Those interested may also consult on the subject: Dr. George Halley, Kansas City Medical College; Dr. O. D. Walker, Keokuk Medical College, Keokuk, Iowa; Dr. E. W. Schauffler, of the American Climatological Association; Dr. Gatchell, of the *Medical Era*; Dr. F. H. Atkins, of *The Climatologist*; Dr. F. E. Waxam, of the Chicago College of Physicians and Surgeons; Dr. J. F. McConnell, of Las Cruces, N. M.; Dr. S. D. Swope, of Deming, N. M.; Dr. L. W. Lusher, Kansas City, Mo.; Acting Assistant Surgeon J. H. Hepburn, Ft. Bayard, N. M.; Dr. J. O. Cobb, Ft. Stanton, N. M., and others.

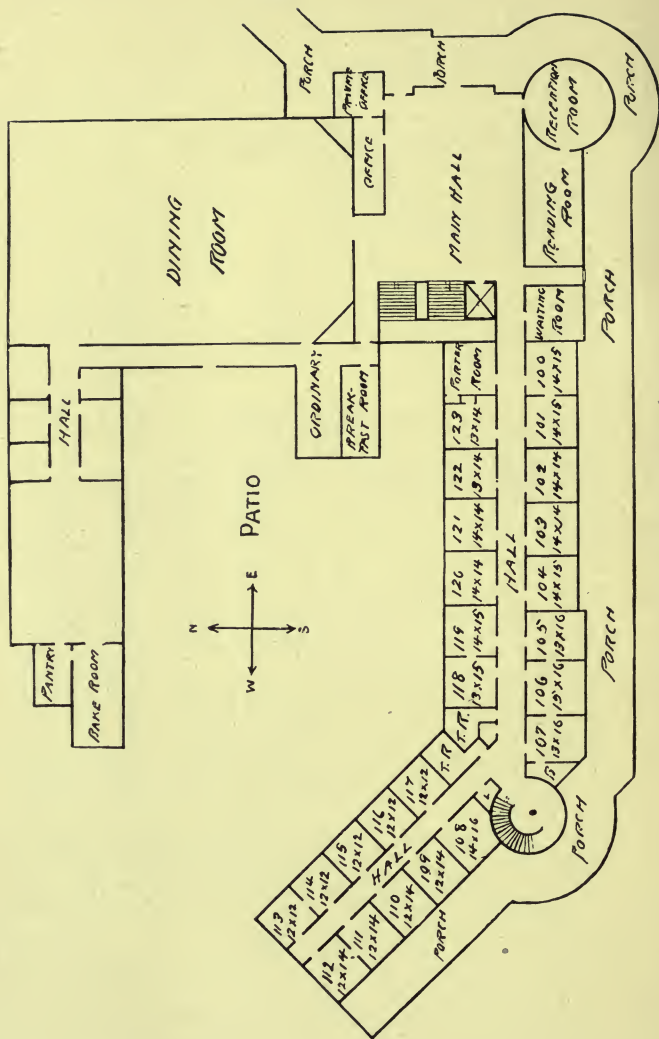
Las Vegas Hot Springs

Distance and Altitude.

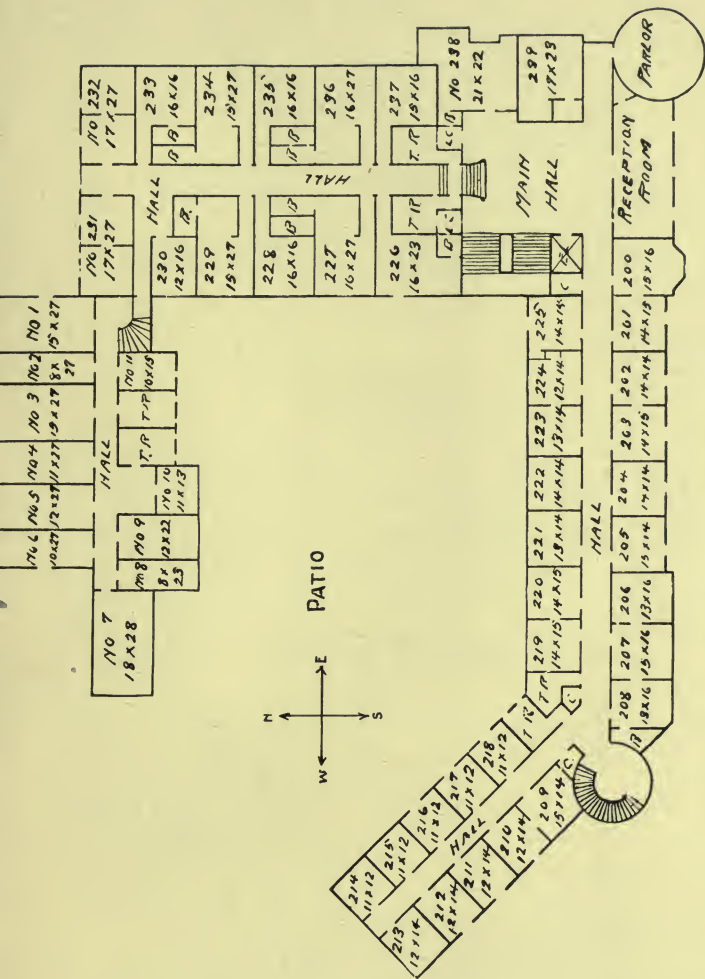
PLACES.	Miles from Chicago.	Miles from Kansas City.	Miles from Denver.*	Altitude (in feet).
RATON	1,134	675	285	6,622
SPRINGER	1,174	716	325	5,768
LAS VEGAS	1,245	786	396	6,384
Las Vegas Hot Springs .	1,251	793	402	6,767
SANTA FE	1,328	869	479	6,939
ALBUQUERQUE	1,377	918	528	4,933
JEMEZ HOT SPRINGS . . .	1,422	963	573	6,620
SULPHUR SPRINGS	1,434	975	585	8,250
CAMP WHITCOMB	1,395	936	546	8,000
OJO CALIENTE	1,378	919	529	6,292
LOS LUNAS	1,397	938	548	4,833
SOCORRO	1,452	994	603	4,567
SAN MARCIAL	1,479	1,021	630	4,439
LAS CRUCES	1,587	1,128	738	3,873
EL PASO	1,630	1,172	781	3,687
DEMING	1,607	1,149	758	4,315
SILVER CITY	1,655	1,197	806	5,796
CARLSBAD (See note†) . .	1,326	868	1,083	3,200

* Distances from Denver are figured via La Junta. The present most direct train service is via Pueblo and Trinidad which shortens the distance about fifty-five miles to each destination named.

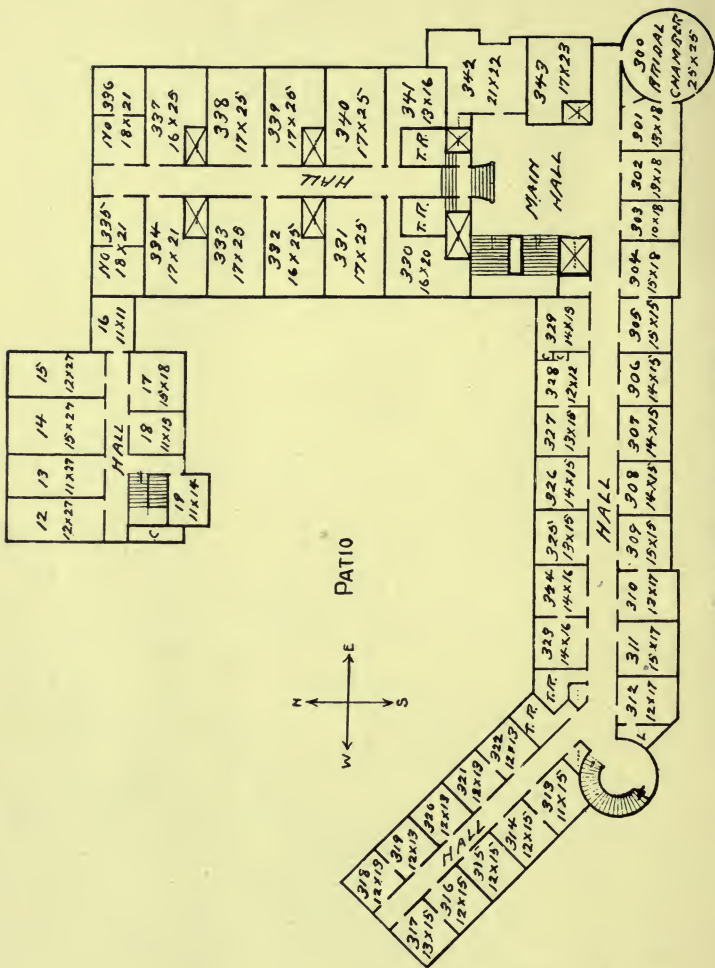
† Mileage from Chicago and Kansas City is computed via Amarillo; from Denver via El Paso.



FIRST FLOOR PLAN—MONTEZUMA HOTEL.



SECOND FLOOR PLAN—MONTEZUMA HOTEL.



THIRD FLOOR PLAN—MONTEZUMA HOTEL.

ANNOUNCEMENT.



This is one of a series of publications, issued by the Santa Fe, descriptive of the various health and pleasure resorts along its line in Colorado, New Mexico, Arizona and California.

Copies of the other books will be mailed on application.

Ad. 66. 9-9-'01. 5 M.

**THE
MOZHENGE
ACCNHIZOM**





